

Abstract of the Disclosure

An exercise apparatus includes a frame, an arm supporting member, and a leg supporting member. A sensor is connected to at least one of the arm supporting member and the leg supporting member, and/or a resilient member is interconnected between the arm supporting member and either the leg supporting member or the frame. The sensor communicates with a user display and/or a resistance device to indicate the amounts of work performed by the arm supporting member and the leg supporting member, and/or to adjust resistance to movement of the leg supporting member as a function of user force applied against the arm supporting member. The resilient member encourages synchronization of the arm supporting member and the leg supporting member, while allowing some relative movement therebetween. A user interface displays data associated with exercise activity, including relative amounts of work performed by a user's arms and legs and/or performed during different phases of exercise, including discrete aerobic and anaerobic phases. The interface display and the level of resistance are preferably changed as part of the transition between phases.